



THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心



破 隔

重 聚

ISSUE 2020 Sep

Connect the Disconnected

TABLE OF CONTENTS

3 *Message from
the Director*

1

6 *Cover Story*

2

26 *Project Updates*

3

33 *New Research*

4

40 *In-house News*

5



Message Director

from the

Connect the Disconnected – Professor Paul Yip

2020 has been a year filled with challenges for all of us. Due to the emergence of the COVID-19 pandemic, which triggered a worldwide imposition of social distancing measures, leading countries and cities went into lockdown. Many countries closed their borders while citizens had to adhere to strict social distancing measures. For many months now, various governments have been encouraging their citizens to work from home. School suspension followed, while entertainment, sports facilities, and community centres shut down one after the other. Furthermore, the number of customers allowed on the premises of catering businesses has been capped under temporarily set up legal regulations; and social distancing and being forbidden to eat out have become our new normal.

Hong Kong, among other cities, has borne the brunt of this pandemic. Since then, the city has been shrouded by distress and paranoia. For instance, medical masks, sanitizers, rice, and toilet rolls were wiped from supermarket shelves by panicking buyers during Lunar New Year. People lived in the midst of terror and chaos. Moreover, due to suspended work and classes, family tensions have soared as many struggles with confined spaces. At the same time, the seemingly endless fight against the virus left us with pandemic fatigue, making mental healthcare even more important.

As a centre which cares for the psychological wellbeing of Hong Kong citizens immensely, we are delighted to have collaborated with MameShare, an online parenting platform, at the beginning of the year and produced more than three months of the “Stay with you” programme, to accompany parents and students as they fought the pandemic. In addition, the generous sponsorship of the Jockey Club COVID-19 Emergency Fund and the Hong Kong Federation of Insurers has enabled us to create the “Dr. Zafari” Message Box Service, allowing the general public to enquire and consult about mental health in these dire times. The pandemic has dealt Hong Kong’s economy a heavy blow, resulting in widespread recessions: the Census and Statistics Department has reported an unemployment rate of 5.9% in June, the highest in 15 years. The unemployment has skyrocketed in all industry across the board, including the construction industry, retail, the hospitality industry, the food and beverage industries, transportation, media and communication, education, the arts and entertainment, and recreation. As for

underemployment, the increases have mainly been seen in the retail, logistic, warehouse and transportation support industries. In response to the situation, the government has introduced several relief measures and distributed \$10 000 to every adult Hong Kong permanent resident in order to stimulate the economy. In light of this, thanks to help from Project WeCan committee member Mr. Ricky Wong, we launched the pilot project for “Sharing is Caring” which encourages people who are not in need of their \$10 000 to make a donation in advance. The fund received was then distributed through matching to families and students in needs. In a short period of three weeks, 42 underprivileged families from 14 secondary schools, primary schools and kindergartens, all of whom had been affected by the pandemic, received timely help. Afterward, we collaborated with Project WeCan and The Lok Sin Tong Benevolent Society Kowloon to roll out “We Share! We Can!” project and further spread it citywide, letting even more underprivileged families reap the benefits. We’re also in the process of forming the “Wellness First School” plan, which promotes all areas of mental health from kindergartens to secondary schools.

The measure of tightening social distancing restrictions is a double-edged sword. Even though decreasing physical contact reduces the virus’s spread, it also subconsciously increases the emotional distance between humans. Within this new normal, we must make sure to take care of our own mental health and that of those around us. Mr. Wong Yan Lung, the Director of the Advisory Committee on Mental Health, said the same in his livestream “Shall we talk”, reminding us to connect with one another, open up our hearts and listen to each other’s deepest thoughts. Open Up, a 24-hour online



counselling service, is always ready to listen to any young people who'd like to pour their hearts out, and help them overcome their problems. Moreover, with the full support of the Keswick Foundation, our centre is currently developing a mobile application Pocket Jelle in order to improve the physical and mental health of the

youth. Still, we can't overlook the mental health of the elderly either, so we've been organising the Jockey Club Community Elderly Mental Wellness Enhancement Project in Wong Tai Sin, training the people who have stakes in the elderly peoples' lives to protect them. For further details about any other mental health projects or activities, please refer to the contents.

In conclusion, we wish for a city without loneliness without anyone facing a difficult situation alone. Let us join hands and build a safe and loving Hong Kong. For those who are vulnerable, let them receive attention, let them receive care, let them receive love. Let nobody be defeated by COVID-19. Let us strive to make a comeback, break the barriers between us, and reunite as one.

破「隔」重「聚」－葉兆輝教授

2020年是全球人類充滿挑戰的一年。因為新冠肺炎的突襲，多國都採取以「隔離」為主的防疫措施，無論國與國，城市與城市都減少往來，而人與人之間就要增加社交距離，有好一大段時間各地政府都鼓勵市民要在家工作，學生停課，娛樂場所、運動場、社區中心都一一關閉，而食肆則要限制人數，「限聚令」、「禁堂食」都成為了我們的新常態。

香港是首當其衝受疫症所影響的城市，年初市民曾一度瘋狂搶購物資，口罩、消毒用品、食米、廁紙等，超級市場的貨架遭搶購一空，大家都活在誠恐誠惶之中。另一邊廂，因停課、停工的緣故，一家幾口長時間亦被迫擠在狹小的家居中，衝突頻繁。同時，在無止境的抗疫路上，市民大眾都感到疲憊乏力，精神健康備受關注。

作為一個關顧香港人精神健康的中心，我們在年初跟一個家長社交平台Mameshare合作推出了三個多月的「停課不停Fun」節目，陪伴著家長和學生一同抗疫。另外，感謝「賽馬會『新冠肺炎緊急援助基金』」及「香港保險業聯會」贊助下，我們增設「問問Dr. Zafari」信箱，讓有需要的市民可以諮詢有關精神健康的事宜。在疫情的影響下，香港的經濟亦大受打擊，百業蕭條，政府統計處在6月公布最新失業率為5.9%，創逾15年來的最高水平。建造業、零售、住宿及膳食服務業、運輸業、資訊及通訊業、教育業，以及藝術、娛樂及康樂活動業的失業率有相對明顯的上升，就業不足率方面，上升主要見於零售業、運輸業，以及貨倉及運輸輔助活動業，政府亦推出了多項紓困措施，並向每個18歲以上的市民派發一萬

元港幣以刺激消費。有見及此，感謝「學校起動」計劃委員黃光耀先生的幫忙，我們推出了「共享有餘」的先導計劃，鼓勵非有經濟需要的市民預捐其一萬元，以配對形式轉贈至基層學生家庭。在短短三個星期內，就有42個來自14所中、小學及幼稚園受疫情影響的基層家庭得到及時的援助。其後，我們跟「學校起動」計劃及九龍樂善堂合作，把計劃譯名為「樂善堂轉贈愛計劃We Share! We Can!」推廣至全港，讓更多基層家庭受惠。除此以外，我們亦正建立一個名為「卓悅校園」計劃，從幼稚園到中學，全面地推動學生的精神健康。

增加社交距離猶如兩刃的劍，因為減少身體接觸的而且確可以減低傳播病毒風險，但是亦會不自覺增加了人與人之間的情感距離。在新常態下，我們要額外關注自己和身邊人的精神健康，就正如精神健康諮詢委員會主席黃仁龍先生的網上直播「Shall we talk」一樣，提醒我們要彼此連繫，打開心扉，積極聆聽對方的心事。而「Open喻」24小時網上輔導平台就隨時候命，傾聽年青人的心聲，陪伴他們跨越困境。此外，在凱撒基金的鼎力支持下，本中心正研發手機應用程式「Pocket Jelle」以提升青少年身心健康。然而，長者的精神健康也不能忽視，我們在黃大仙區也正籌辦「賽馬會耆樂『友』心社區計劃」，培訓一眾持份者去守護長者。至於其他有關精神健康的活動及計劃，亦可細閱內文。

總言之，我們不希望有人會感到孤寂，需要獨自去面對困難，讓我們攜手共建一個安全有愛的香港，讓社會上脆弱一群，得到重視，得到關愛，大家都不被新冠肺炎擊倒，能奮力重生，打破阻隔，重聚一心。



自新冠病毒爆發以來，疫情蔓延至全球已逾半年，至今尚未平息。香港曾於SARS爆發中汲取教訓，十年後，今天的衛生意識及生活習慣亦因疫情改變。正當

新冠肺炎對經濟社會所造成的影響，壓力、焦慮等心理影響亦需要同等關注。有見及此，本中心透過不同的教育計劃、Open Up和社區計劃迅速應對了新冠肺炎給社區帶來的挑戰。

The COVID-19 pandemic has spread across the globe since the beginning of 2020, and still has yet to be contained. Apart from the economic and societal impacts, the psychological impacts that the pandemic has on the public, such as stress and anxiety, should also be given equal attention. In light of this, CSRP has quickly developed educational programmes, Open Up, and numerous community engagement initiatives in response to the current challenges brought by COVID-19 to the community.

under the coronavirus pandemic?

如何破
隔重聚？

Cover Story

Preface: Let's not forget those who may never be reunited – Dr. Philip Beh

As this is being written, COVID-19 has infected over 7 million individuals and over 400,000 individuals have lost their lives. Much has been written about the challenges to the health care system, the lock down and its impact on individual mental health as well as the economy and unemployment. I hope to share my own perspective on this pandemic.

I am a forensic pathologist and work at a teaching hospital here in Hong Kong. During these months of social distancing in Hong Kong, our public hospitals have cancelled visiting hours for patients to prevent cross-infection. Such procedures have led to the unnoticed impact of family members not being able to be at their loved ones' death bed to say their final goodbyes. For more serious cases, it sometimes also means only discovering that loved ones have died without any

prior information. Although I am not an expert in bereavement psychology, such circumstances cannot be good for family members and close friends. Yet, little available to help remains for family members in this situation.

When a death is unexpected, clinicians often report the deaths to the Coroner. In Hong Kong, the procedures for such Coroners' cases involve an interview between the family members and a pathologist. It is at such meetings where I see the impact of such deaths on the emotions of the next-of-kin. Anger is quite often expressed and directed at the 'heartless' system. Family members also tend to blame themselves for somehow failing the recently departed. Such anguish is not seen by leaders for they care only for the 'big picture'.

Please spare a thought for the many individuals who have died alone and neglected at home, in care homes or in some cases in care facilities that have been abandoned by the care-givers.

This is not meant to depress you but it is a hope the readers can celebrate life and perhaps help light the flame for improving bereavement care in Hong Kong.

前言:別要遺忘一些未能重聚的人 – 馬宣立法醫

在撰寫本文時，全球已有超過七百萬感染新型冠狀病毒，超過四十萬人染疫死亡。許多相關的報導指出疫情對衛生醫療系統帶來的挑戰以及封城防疫的措施對個人心理健康、經濟和失業率造成的影響。有見及此，我希望透過文字來分享一些個人的看法。

我是一個法醫病理學家，在香港的一所教育醫院裡工作。連月來的保持社交距離措施實施後，公立醫院為了避免交叉感染，全面暫停了病人探訪安排。有關措施令很多家屬在親人病危時無法見到最後一面，作最後的道別。這意味著對於較嚴重的患者，家屬甚至可能在病人離世後才收到親人病逝的消息。我雖然不是悲傷心理學的專家，但我明白這種情況對家屬和朋友而

言絕不是理想的。然而，迄今為止，幾乎沒有什麼可以幫助到這些家屬。

在病人無預期或突然死亡的情況下，醫護人員會向死因裁判官呈報。在香港，此類死亡個案的處理程序中包括了與病理學家和死者家屬的面談。在面談中，我深深地體會到這樣的死亡方式對親屬情緒的影響。對於無情的制度，他們感到憤怒，亦經常會因未能夠好好與親人道別而感到悲憤和挫折。這種痛苦不是執政人員會看到的，因為他們關心的是社會大局。

我希望大家可以藉著這個機會為許多在醫院、護理院或其他情況下被照顧者遺棄，獨自死亡的人設想。在珍惜生命的同時，也許我們還可以多關注香港的喪親服務。

QEF Thematic Network Phase II

Overview

After five years of tireless efforts, Phase I of the “QEF Thematic Network” (QTN), initiated and operated by our centre on “Developing Students’ Positive Attitudes and Values” has come to its completion in August 2019, exceeding original expectations. The wide range of humble achievements brought by this project include: school teachers developing a better understanding of the elements of Positive Education and its application in the school setting, students’ gratitude towards parents, and peer relationships also improved with the growth of empathy. Significant improvement in mental health knowledge was found in all who participated in the wellness programme. Protective effects on student wellbeing were observed in primary and secondary school students.

In the past few years, CSRP has successfully established a strong school network containing more than 100 schools. Building on the success and solid foundation of Phase I, the QEF Thematic Network on Promoting Wellness in School has entered its Second Phase in September 2019. With all the experience and knowledge established, a three-

stage framework is adopted in QTN-II to initiate, nurture and cultivate wellness education in schools. In addition to the continuous effort of implementing the quality programmes in Primary and Secondary schools, a brand-new curriculum has been developed for Kindergartens. Parent workshops are being offered in support of the nurturance of children’s character strengths with the lens of positive education and parenting. Through different stages, we aim i) to establish a shared vision on wellness promotion with participating schools; ii) to promote a holistic approach on wellness education through biopsychosocial model; iii) to enrich parent education in all participating schools, especially parents of young children; iv) to transfer the good practices and knowledge on mental health into kindergartens; v) to implement the well-established multiple-grade, universal and selective mental health promotion programmes in primary and secondary schools. Ultimately, we hope to transform all participating schools into wellbeing-first schools, where the holistic wellbeing of students will be marked as a top priority.

優質教育基金主題網絡計劃 第二階段

概覽

經過五年的不懈努力，由本中心發起並以培養學生的正面態度和價值觀為目標的主題網絡計劃（QTN）第一階段已於2019年8月完成，成就超出預期。該項目帶來一系列成果，譬如提升學校教師對正向教育的認識，以及如何在學校環境中實踐有了更好的理解；學生對父母、同伴和老師的感激之情有所增強，同伴關係也隨著同理心的增長而改善。是次計劃和課程的所有參加者的心理健康知識有顯著改善，亦觀察到對小學生和中學生中的健康有保護作用，對小學生比中學生的效果更顯著。

在過去的幾年中，本中心已成功與100餘所學校建立了強大的學校網絡。建於第一階段的成功和穩固基礎上，QTN已於2019年9月進入第二階段（QTN-II）。憑

藉一直以來的經驗和知識，QTN-II採用了一個三階段的結構，在學校倡導、培育和培養健康教育。除了不斷努力在中小學推行高質的課程外，還為幼稚園開發了全新的課程。我們將舉辦家長工作坊，透過正向教育和養育子女以支持兒童品格優點的培養。在不同階段，我們的目標是：i) 與參與學校建立推廣健康的共同抱負；ii) 通過生理心理社會模型促進全面的健康教育方法；iii) 豐富所有參與學校的學童家長的教育，尤其是年幼學童的家長；iv) 將有關提升精神健康的良好做法和知識傳授給幼稚園；v) 在中小學施行完善的多階段、普及和選擇性的精神健康推廣計劃。最終，我們希望將所有參與的學校轉變為健康至上的學校，讓學生的整體健康被視為重中之重。

新增幼稚園課程

我們相信，從小培育孩子的品格優點，建立正面的情緒和態度，有助提高他們的抗逆力，並積極面對成長過程中的困難和挑戰。自「共建卓悅校園」主題網絡計劃開展以來，研究團隊積極與核心幼稚園合作，共同發展一套以「幸福感為本」的全人健康課程。經過過去一年的努力，低班課程順利發展完成，相關的教師工作坊和家長講座也逐一舉辦。為配合課程需要，研究團隊更設計了一系列的教材以及兩本繪本，分別是《熊哥哥的生日》和《蝴蝶結不見了》。同時，為加強公眾對品格優點的認識，我們亦以此為題舉辦了一個全港幼稚園填色比賽。是次比賽的反應相當熱烈，參賽作品眾多而且各有特色。

研究團隊將繼續與核心學校通力合作，逐步發展高班和幼班的全人健康課程，同時亦會把已發展的低班課程推廣到新加入的夥伴學校當中，協助更多學校建立以「幸福感為本」的校園文化。





A Brand New Early Childhood Curriculum

We believe that children's resilience can be built by nurturing their character strengths, positive emotions and attitudes from an early age. It helps children to stay positive and proactive when facing difficulties and challenges during their growth. Since the launch of the "QEF Thematic Network on Promoting Wellness in School", the research team has actively communicated with the core kindergartens in order to develop a holistic wellness programme based on the principle of "Wellbeing First". Teacher workshops and parent talks related to the programme were subsequently held. A series of teaching aids have also been designed to enrich the curriculum. Furthermore, an open colouring competition with the theme of character strengths was also organised among all kindergartens in Hong Kong to enhance the public's understanding of character strength.

The research team will keep working closely with the core schools to develop the K3 and K1 curriculum while they continue to recruit new partner kindergartens for the existing K2 curriculum.

Wellness First School Guideline

One of our main goals in QTN Phase II is to work with our school partners to create a knowledge hub that provides local solutions to the global challenge of promoting wellness in school. We strive to consolidate local wisdom, research findings, best practices, and evaluation tools to produce a set of guidelines and resources to optimise our support to schools which are committed to promote wellness in their school community.

In collaboration with schools, we co-create and promote a shared vision in Wellness First Schools through the application of a Bio-Psycho-Social model.

卓悅校園指引

在QTN計劃第二階段中，教育團隊將以第一階段所得的知識和經驗為基礎，透過實證方法鞏固我們於精神健康教育、推廣及評估方面的工作。例如：我們可應用「生理-心理-社會」(Bio-Psycho-Social) 健康模式，清楚說明影響學生精神健康的因素，從而制定有效的策略促進精神健康、監測變化和評估現時工作的效率。

第二階段的主要目標之一是與學校夥伴合作創建一個知識中心，針對促進校園健康這項全球性挑戰，並提供符合本地文化的解決方案。在過程中，我們會拜訪學校，觀察實際環境中的優良做法，再將其納入闡釋性個案研究中。教育團隊也將與學校職員、家長和學生進行持續對話，了解他們遇到的困難並找出可行的解決方法。再者，我們亦會對有關的最新議題進行研究及評估，進而為項目發展提供依據。團隊希望綜合這些本地智慧、研究結果、最佳實踐和評估工具，制定一套指導方針和資源，為致力促進其社區健康的學校提供最佳支援。

在改變大眾對教育和學生健康的觀念的過程中，我們將會面臨很多挑戰，但同時也預見令人興奮的機遇。我們的願景始終如一：共同創建並推廣以健康為首的理想校園。



BIO

Physical & Mental Health
Developmental & Learning Needs
Genetic Disposition

BIO-SOCIAL

BIO-PSYCHO

Stress Response
Impulsivity, Addiction
Health & Risk Behaviours

Student Formal/Extra/Outside Curriculum: Exercises that manage stress, craving, and problem with sleep

Motivation
Cognition
Coping
Self & identity
Emotion

Student Wellness Curriculum:
Strengths

Student Therapeutic Group
e.g. Music therapy

PSYCHO-SOCIAL

Attachment
Conflict
Bullying
Grief
Aggression

Student Wellness Curriculum: Empathy

PSYCHO



Programme Arrangement During Class Suspension

Since the outbreak of coronavirus pandemic at the beginning of this year, all schools in Hong Kong have suspended on-campus classes for more than four months. In response to the proposal of “Suspending Classes without Suspending Learning” by the Education Bureau, schools have gradually put online teaching and learning into practice to ensure that students can keep up with their learning progress at home. In contrast to the general public’s emphasis on the subject knowledge, we pay more attention to the holistic wellness and personal growth of the students. For this reason, we designed a wide range of educational resources aimed at enhancing students’ biopsychosocial wellness. An e-learning platform was established and educational materials were updated every week. All the resources were classified into three categories including kindergarten, primary and secondary level, and are freely available for public to download. Students are encouraged to keep positive emotions and attitudes and maintain a daily routine during the class suspension.

In addition, the “QEF Thematic Network on Promoting Wellness in School” programmes continued to support all participating schools during suspension by providing modified materials according to the needs of different schools. The online game platform was also opened to all participating primary schools for students’ self-learning at home.

停課課程安排

相比起大眾普遍著重學科知識的增長，我們更重視學生的全人健康以及個人成長。為此，我們建立電子教學資源平台，讓全港師生或家長免費下載相關的教學資源。一方面促進學生在停課期間保持正面的情緒和態度、維持正常健康的作息；另一方面亦提升學生個人對全人健康的認識和關注。

另外，「共建卓悅校園」主題網絡計劃於中、小、幼各校推行的相關課程雖然也因停課而暫停了。即使如此，研究團隊應各學校的實況和需要，提出不同的建議和支援，協助學校於疫情期間也不忘關注學生的全人健康。

在這漫長而又未能預計的停課期間，學生們被網上學習的各種功課淹沒而變得精疲力竭，而學生的精神健康往往被忽視了。同時，家長亦因此而受影響。當孩子們留在家中的時間愈長，家長也需要用更多的時間和精力來照顧他們。然而，不利的經濟形勢和不穩定的社會環境也為他們帶來焦慮、憤怒、絕望等負面情緒，這對其心理健康和親子關係會產生負面影響。因此，有關親職管教技巧的資訊和知識，對於協助家庭以應對不安和痛苦的復原力至關重要。

在「賽馬會新冠肺炎緊急援助基金」的贊助下，本中心推出了一個名為「與你停課」的計劃，以建立一個網上平台，與市民分享正確有用的資訊，並提高了家長對

心理健康的認識。平台上所發放內容主要是非學術的，並強調人際關係的建立，以改善大眾的精神健康。

與一般學校和其他有關學生學術學習的網上資訊不同，「與你停課」每日由不同專業人士撰文關於親子和心理健康的最新資訊；平台亦有提供如親子瑜伽、音樂治療師設計的音樂活動、與學校校長和專業人員的現場問答課程等活動。所有這些教育娛樂兼備的內容，都涉及「生物-心理-社會」模型中心理健康的多個領域。此外，我們建立了一個網上的留言信箱，大眾可以在我們的平台上留言提出問題，我們的專家團隊會在48小時內處理這些問題。這平台成功地與大眾接觸，並在疫情期間為父母提供虛擬但及時的支援。

Stay With You

When children were staying at home for long periods, parents needed to spare even more time and effort to take care of them. At the same time, the unstable economic and social environment also aroused parents' negative emotions, affecting their mental health and their parent-child relationship. Therefore, information and knowledge of parental skills were crucial for family resilience to deal with the unsettling feeling and distress in this difficult time.

Sponsored by "The Hong Kong Jockey Club Charities Trust COVID-19 Emergency Fund", CSRP launched a project called "Stay with You" to create an online platform to share useful information with the community. The content being shared was mainly non-academic with emphasis was on relationship-building with an intention to improve the overall wellness of the population. These "edutainments" addressed multiple areas of mental wellness in the bio-psycho-social model. Additionally, an online mailbox was created on our platform for the public, especially parents to ask questions by leaving messages. Enquires were handled by our team of experts. This platform successfully approached the general public and provided virtual but timely support to the parents in a difficult time.



“Cross-generational Love and Care” Video Campaign

During the pandemic of COVID-19, seniors living in care and attention homes might feel particularly lonely as visits were suspended and they could not meet their families. Thanks to the generous support from the Community Partner Foundation, the “Cross-generational Love & Care – Call for Short Video Clips” campaign was launched. The campaign invited local kindergartens and junior primary students to produce short video clips and provided an opportunity for both children and parents to show their respect, love and care, not only to their senior family members, but also to the community.

Approximately 100 entries were received. 20 videos were shortlisted and distributed to participating care homes for screening as to bring love and joy to the seniors. The campaign will further invite all awardees and their parents to visit the care homes and to interact with the elderly. This also provides a platform for the seniors to share their valuable life stories and pass experience and love to the new generation.

「跨代傳愛」短片徵集活動

受疫情影響，居住在安老院的長者未能與其家人親友見面而倍感寂寞。承蒙社聯伙伴基金贊助，本中心舉辦了「跨代傳愛」—短片徵集活動，邀請本地幼稚園及初小學童拍攝短片，為兒童和家長提供一個向長者傳達尊敬與關愛的機會，發揮「老吾老，以及人之老」的理念。

活動收集到近100件精彩的投稿作品，經初選後篩選出20件入圍影片，發放到參與計劃的長者之家播放，讓銀髮院友在欣賞短片的過程中，感受到來自跨代的愛與關懷，從而增強他們的正面情緒。計劃亦將安排得獎小朋友及其家人探訪安老院，透過面對面的互動和接觸，向長者直接表達關愛，同時為長者提供一個分享自己生命故事的平台，把愛和寶貴的經驗傳承給新一代。

最具娛樂性影片：《我的絕招》



最具家庭感影片



最溫馨影片：《愛的傳遞》



最具吸引力影片：《耆幼齊動》





WeCare Fund for Student-Initiated Youth Suicide Prevention Projects 2019

Young people are hope to their family, as well as our society. Various stakeholders, such as the government bureau and departments, non-government organisations, media, healthcare professionals, schools and general public, have put enormous effort in promoting youth suicide prevention in Hong Kong. Thanks to the generous support from the Community Partner Foundation founded by Ms Beatrice Mok, the WeCare Fund for Student-Initiated Youth Suicide Prevention Project was implemented. Through student-led projects in tertiary institutions, we encourage students to initiate and deliver mental health related projects on campus targeting young people and enhancing public awareness on mental health issues.

Four selected projects are being implemented at four tertiary institutions and will be completed by February 2021.

《與你同行》資助計劃學生主導的防止青年自殺計劃2019

青年人是家庭和香港社會的希望，不同的持份者，例如政府與非政府機構、傳媒、醫護人員、學校及公眾人士在預防青年自殺中都作出了很大的努力。承蒙社聯伙伴基金創辦人莫綺文女士的慷慨贊助，本中心推行了「與你同行」資助計劃學生主導的防止青年自殺計劃2019，目的在於協助學生在校園內發起及組織促進朋輩精神健康的活動及加強青年大眾對精神健康的關注。

受資助的計劃共有四個，分別來自四間大學／大專院校，所有計劃將於2021年2月完成。

WeCare About You 陪著你走

Thei

Technological and Higher
Education Institute of Hong Kong
香港高等教育科技學院

Hands in Hang 助·恆



Survival Challenge 度日如年



Fairy of Panacea 解憂小精靈



Promotion of Mental Health through Social Media

In support of the development of public mental health in the Hong Kong community, our centre has always been paying close attention to the pulse of the city. We strive to respond timely and aptly to needs arising in the society making use of the various digital and social media platforms.

Mental Health Education during the Pandemic

In order to support families undergoing emotional distress due to the pandemic, Dr. Lucci Liyeung had graciously created a series of illustrations featuring two cartoon characters, namely Dr. Zafari, a giraffe psychologist, and Zinnia, an adorable unicorn. These were posted on Facebook and in the form of WhatsApp stickers. Advices on how to exercise self-care, critical thinking, maintain emotional health, and look out for others were shared with the public. They were readily accepted with huge popularity amongst parents and children.

透過社交媒體推廣心理健康

疫情帶起並加強了健康交流的重要性，這種交流可以促進疾病預防和生活質量，增強身心健康。為了支持香港社區公共心理健康的發展，本中心一直密切關注社會的變化，與時俱進。透過各種數據和社交媒體平台的應用，我們適時適當地回應社會的需求。

新型冠狀病毒大流行期間的心理健康教育

2020年3月上旬，疫情肆虐令許多家庭開始受到情緒困擾。除了社交活動受到限制和大量的信息混雜所帶來的壓逼感外，日常和衛生用品短缺亦帶來了額外的焦慮感。有見及此，Lucci Liyeung博士創作了一系列帶有兩個卡通人物——長頸鹿心理學家Zafari博士和可愛的獨角獸Zinnia的插圖與公眾分享自我關懷、批判思維、保持情緒健康以及尋找他人支援的方法。這一系列在本中心的Facebook專頁分享的插圖受到了家長和孩子的廣泛歡迎。WhatsApp貼紙隨後推出，讓Zafari和Zinnia的粉絲把這些正面信息分享給他們關心和愛的人。



Prepare Parents and Children for Class Resumption

Schools were gradually resumed in May 2020, the initial sense of relief of the suspension period coming to an end was quickly replaced by an undercurrent of apprehension on the transition. A series of infographics and an animated short video was created for parents and students in preparation for the reopening of school (scan the QR code to see the video).

預備家長和孩子上課

經歷四個多月的停課後，學校的教學在2020年5月底逐漸恢復。然而，最初暫緩期完結時所帶來的緩解感很快會被各種對功課和考試的擔憂取代。為了在這段艱難的時期中向家庭提供支持，我們為家長製作了一系列有關重返校園的小錦囊以減輕學生和家長的焦慮情緒。我們另外為幼兒製作了一段動畫短片以幫助他們了解和熟悉校園內的轉變和新規則（掃描QR碼以觀看短片）。



Immediate Response to Student Suicide

Our centre shared with parents on how to respond to suicidal ideation and help to relieve the stress their children could have been feeling during class resumption. The post served as a reminder for parents to observe the emotional ups and downs of the children, and what signs to look out for e.g. abnormally depressed, loss of appetite, or insomnia.

學生自殺的應對

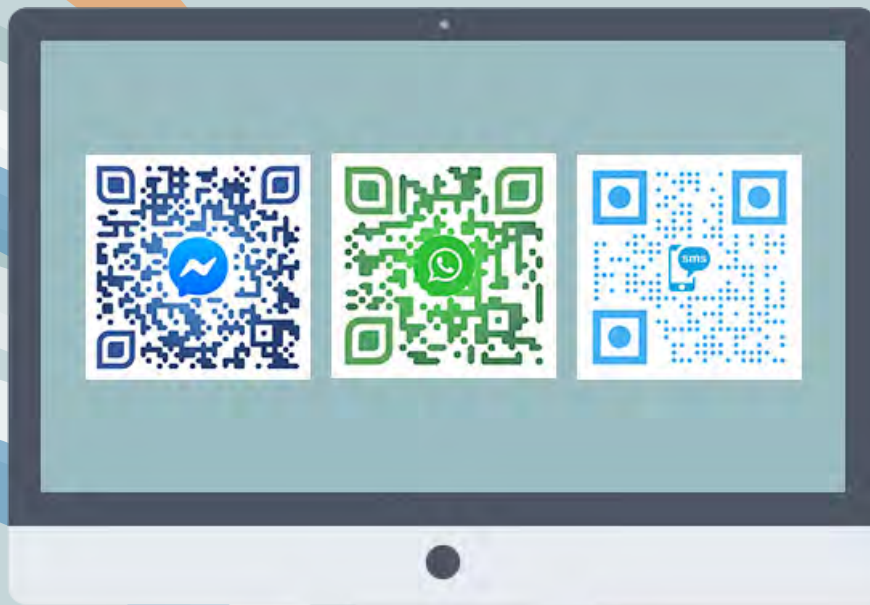
校園重開前發生的兩宗學童自殺個案再一次引起了公眾對學生情緒問題的關注。因疫情而引致的停課長達四個月，學生重新適應上課時有負面情緒是無可避免的。因此，中心與家長分享應對自殺念頭和減輕孩子感到的壓力之方法。該帖子的目的是提醒家長在這段期間觀察孩子的情緒起伏，和照顧者要留意的特殊跡象，例如情緒異常低落、食慾不振或失眠。我們很高興這些內容被本地報章摘錄，透過另一個平台與社區分享。

Quotes of Encouragement

To give the community an emotional boost under the pressure of the continuous social movements and the impact of the pandemic, our centre engaged Ms. Annie Tong, an illustration artist, to create a wide range of meaningful and inspiring motivational quotes.

鼓勵語錄

為了給社區打一枝強心針，我們的中心與插圖畫家唐摯真小姐合作，去創作一系列有意義的激勵語錄。這些鼓勵語錄引起人們的共鳴，並在社交平台上廣傳。通過藝術創作帶出許多有關精神健康的概念如自我關懷、自我關心和正向思維。



智能科技拉近「Open嘢」與青年人的距離

本中心很榮幸能成為「Open嘢」的主要合作夥伴之一！於2018年10月正式投入服務，是一個專為11至35歲人士提供24小時的網上情緒輔導平台。今年初，社交媒體WhatsApp正式加盟，成為「Open嘢」的第五個即時通訊應用程式。「Open嘢」就此成為了年青人最容易、隨時可以接觸，以及零負擔的輔導平台之一。

「Open嘢」是由香港賽馬會慈善信託基金捐助，透過數據分析和電腦計算程式來提高服務效能和效率，為求

助青年提供適切的支援服務。香港明愛、香港青年協會，和香港小童群益會的社會工作者、專業輔導員、和已受訓的義務輔導員為「Open嘢」作前線服務。而中心的研究團隊則負責知識傳遞及評估、制定最佳實踐模式 (Good practice model)，並為持續的服務作出監察及研究。

憑藉團隊在研發方面的投入和努力，「Open嘢」在SASRICK下變得更智能化！

Open Up - Moving toward a smarter Open Up to connect youth

The CSRP is proud to be the leading partner in Open Up! Launched in October 2018, Open Up is the first 24/7 online-crisis text-based support service in Hong Kong targeting youth in the age range of 11-35. A new medium, WhatsApp, has been added to the existing four channels earlier this year, making Open Up one of the most accessible, available and affordable - free of charge - platforms connecting youths in need.

Funded by Hong Kong Jockey Club Charities Trust, Open Up uses data analytics and computerised algorithms to improve service effectiveness, efficiency and appropriate support services for those seeking help. The service operation of Open Up is provided by a

team of dedicated social work and professional counsellors from Caritas-Hong Kong, The Hong Kong Federation of Youth Groups, The Boys' & Girls' Clubs Association of Hong Kong, and trained volunteers. The research team at CSRP is disseminating knowledge and evaluating this innovative service to form good practice model and improve the on-going service monitoring and development.

With commitment and diligence of the team in research and development, Open Up is moving smarter via SASRICK- Statistical, Analytics, Smart, Risk, Intervention, Capacity, and Knowledge.

Statistical and Data Analytics

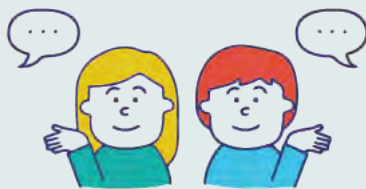
Through statistical and data analytics, the top 10 findings from October 2018 to May 2020 of Open Up are captured, offering insights to shape future promotions, human resource planning, operation and training.

統計和數據分析

透過統計和數據分析，以下是2018年10月至2020年5月「Open 嚶」的十大發現，可為前線服務機構的營運模式提供有力的參考數據。



- 1** 75% of the users come via the webportal, others via WeChat, FB, SMS and WhatsApp.
75%的服務使用者會透過網站進入，其次分別是微訊、FB、SMS及WhatsApp。



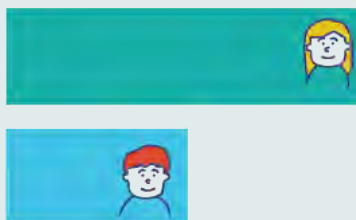
- 2** Counsellors and volunteers served 45 339 hours and communicated about 2.9 million messages and 29.3 million words.
輔導員及義工一共提供了45 339小時的服務，以及支援了二百九十萬句語和二千九百三十萬個字。



- 3** Over 11 000 youths used Open Up. The youngest is aged 10.
超過11 000個青年人曾選用「Open 嚶」服務，而年紀最小的只有10歲。



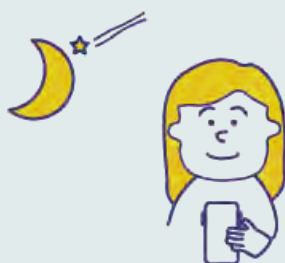
- 4** Majority of messages consisted of less than 9 words while the longest has over 2 000.
大部份的訊息都少於9個字，而最長的則超過2 000個字。



- 5** There are more female than male users.
女性的服務使用者較男性為多。



- 6** The top 2 concerns have been about relationship and mental health issues.
最多人受困擾的類別是關係及精神健康。



- 7** The popular hours for online texting is from 8pm to 12 midnight.
最熱門使用服務的時間為晚上8至12時。



- 8** Youths come because they feel comfortable chatting online than talking to someone in person.
青年人選用服務是因為網上輔導比面見更為舒服。



- 9** Main users are believed to be non-student young adults.
最主要的服務使用者是非在學的青年人。



- 10** 40 312 cases have been supported.
有40 312的案例已被支援。

DSE Network Graph

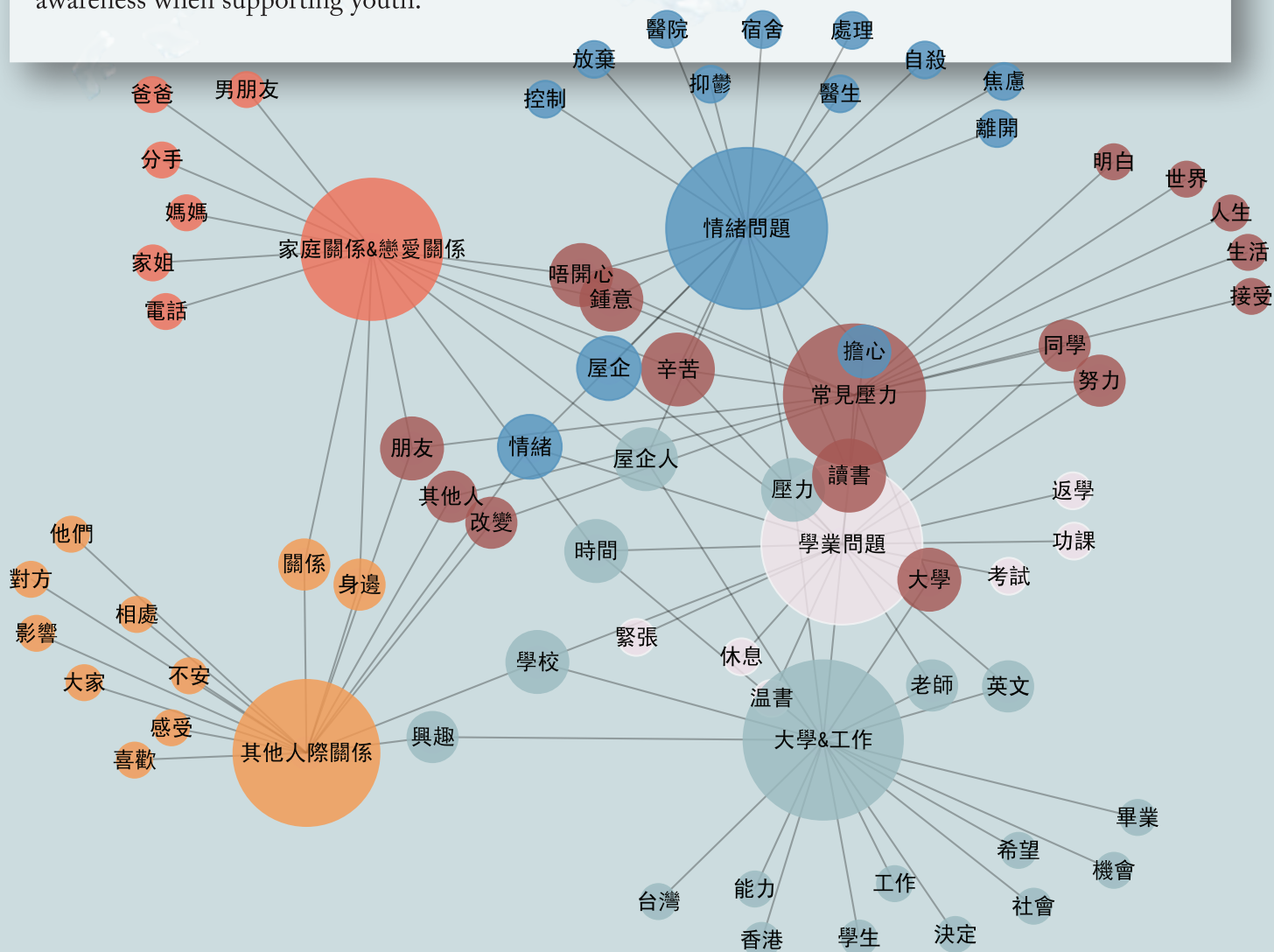
The Hong Kong Diploma of Secondary Education Examination (DSE) causes unbearable stress not only for students but also parents and teachers every year. Since operation to May 2020, Open Up has served thousands of cases related to academics, many of which relate DSE to suicidal thoughts. Fortunately, students have reported improved mindset after a chat with Open Up.

Using LDA to detect latent topic models and extract other meaningful topics, the research team constructed a network graph based on keywords in each topic. This allows frontline workers to have a holistic view on the association of DSE with other concerns and keywords which are veiled in the chat, and hence their increase in knowledge and awareness when supporting youth.

DSE 網絡圖

為爭取大學學位，每年都有約7至8萬名學生報考香港中學文憑試(DSE)，不論學生，甚至父母和老師都為此承受著沉重的壓力。截止2020年5月，「Open 嘢」已為3761宗與學業有關的案例提供服務，當中1950宗(52%)有提及「DSE」。令人憂慮的是約14.8%的DSE案例(即289宗)表示自己有自殺念頭，慶幸，有87%的用戶表示在聊天後感覺好多了，而90%的用戶更確定「Open 嘢」很有幫助，能有效為他們提供即時性的情感舒緩。

研究團隊透過LDA技術，以關鍵字及聊天主旨建構出網絡圖，為檢測求助者潛在的關顧事項，幫助前線同工能增進相關的知識去支援青年人。



Smart Module Development

The research team is collaborating with an external vendor and data scientists to develop a smart module. This module will involve computerised algorithms that can detect suicide risk and topics to better segment users and offer suitable connected care.

Risk Assessment

A 7-item Open Up Suicide Risk Assessment (OUSRA-7) has been developed to provide counsellors with a straightforward yet comprehensive method to measure suicide risk, which helps ensure the effectiveness of the intervention strategies and implementation.

Intervention Skills

With the suicidal risk identified, the next aspect to address are the intervention components involved in the counselling process. These components aim to relieve emotional distress, reduce suicide risk and enhance the use of other support services. The research team has identified the use of several scales to assess the counselling skills in Open Up intervention. These skills include empathy, crisis intervention stages and professional attitudes.

Capacity Building

It is essential for Open Up to be able to optimise services without compromising quality. Thus the research team has built a capacity model based on a series of factors to make decisions about the resources needed to provide an optimal service.

Knowledge Dissemination

To nurture and equip postgraduate students becoming future professionals to sustain the new online platform and to better identify and support at-risk youth, a workshop was conducted and brought together cutting-edge knowledge and discussion related to the practice for youth suicide and prevention in an online crisis intervention.

智能模組研發

研究小組聯同外部供應商和數據科學家合作，以開發一個智能模組，包括自殺風險評估和聊天主題的電腦計算程式，致力提升服務質素及效能。而機器學習已經註釋了成千上萬個對話，並有望繼續提高其性能。

風險評估

最佳實踐模式是確保能為求助者提供適切的介入策略、轉介或跟進服務。如不能準確評估求助者的自殺風險，就不能提供適切的服務。因此，香港大學研究小組以實證為本研發出一個既簡單，又全面的自殺風險評估表（OUSRA-7），其7項評估範圍包括自殺念頭、自殺計劃、自殺工具、自殺行為、功能、社交支援，以及醫療／社交心理支援服務。

介入技巧

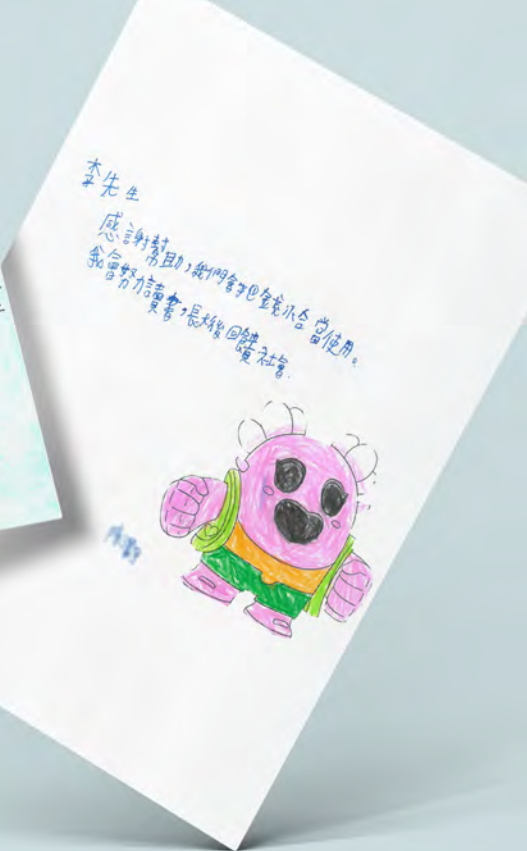
在評估自殺風險後，適切的介入能有效舒緩求助者的情緒困擾，減低自殺風險，同時亦能提升其他支援服務的使用。研究團隊以同理心、專業態度和危機介入階段量表，來檢閱輔導技巧，並制定出有效的介入手法。

容量建設

效率是另一個最佳實踐模式的重點。研究團隊設計了一個容量模型，在不降低服務質素的前題下，模擬出真實環境，以排隊時間內來電的需求、輔導員的編更制和流失率等，計算出一個既能令求助者減少輪候時間，又能服務最多人次的模型，此舉有助前線同工作出有效的資源運用。

知識傳遞

研究團隊致力提供知識傳遞來裝備未來的專業人士，於是，香港大學聯同「Open 嘢」前線同工為百多名香港大學社會工作系的碩士生舉辦了研討會，內容涵蓋了有關青年自殺、預防措施、網上危機輔導等知識和實踐技巧，為他們的專業奠下了基石。



「共享有餘」先導計劃

本中心進行了一個名為「共享有餘」的先導計劃，邀請了35位非有緊急經濟需要之善心人士把政府將派發的一萬元，或更多捐獻轉贈至有經濟困難的學生家庭。透過校長的舉薦，分別涵蓋了14間中、小學及幼稚園，總共有41個受惠的家庭。所有捐贈者都會收到受惠同學家庭背景的簡介及感謝咭以令生活在不同階層的人也可以有一絲心靈上的連結，共同建構一個關愛的社會。

同時，在問卷調查發現，在過去的一年，捐贈者和受惠者的開心指數在1-10分內，分別為5.2及5.0。當追問他們知道政府的一萬元補貼後，他們的開心指數則分別為5.6及7.2。然而，當捐贈者能把這一萬元捐出後，他們的開心指數則大幅提升至8.2，差不多足足提升了60%。另外，捐贈者一般會把補貼花費在消費品上，如買禮物、娛樂及假期開支，然而受惠者則會用在必需品上，如食物、水電煤和租金。有不少同學在感謝信中除了多番表達謝意外，還祈盼自己長大後，都可以學習捐贈者的善行，將來能回饋社會，去幫助有需要的人。

雖然疫情增加了社交距離，然而善行卻縮短了人與人之間的心靈距離。「施比受更為有福」，此計劃更推廣至全香港，與九龍樂善堂及「學校起動」合辦「樂善堂轉贈愛計劃」，希望讓受疫情影響的家庭感受到雪中送炭的溫暖。

For more information,
please refer to:

有關詳情，請瀏覽：



“Sharing is Caring” Pilot Project

CSRP launched a “Sharing is Caring” pilot project to leverage on the Government’s HK\$10,000 handout in the spirit of sharing is caring and to helping those families in need. 35 participants who donated \$10K or above to 41 under-privileged families from 14 schools. All the donors received basic background stories and thank you cards from the beneficiary families as an expression of appreciation.

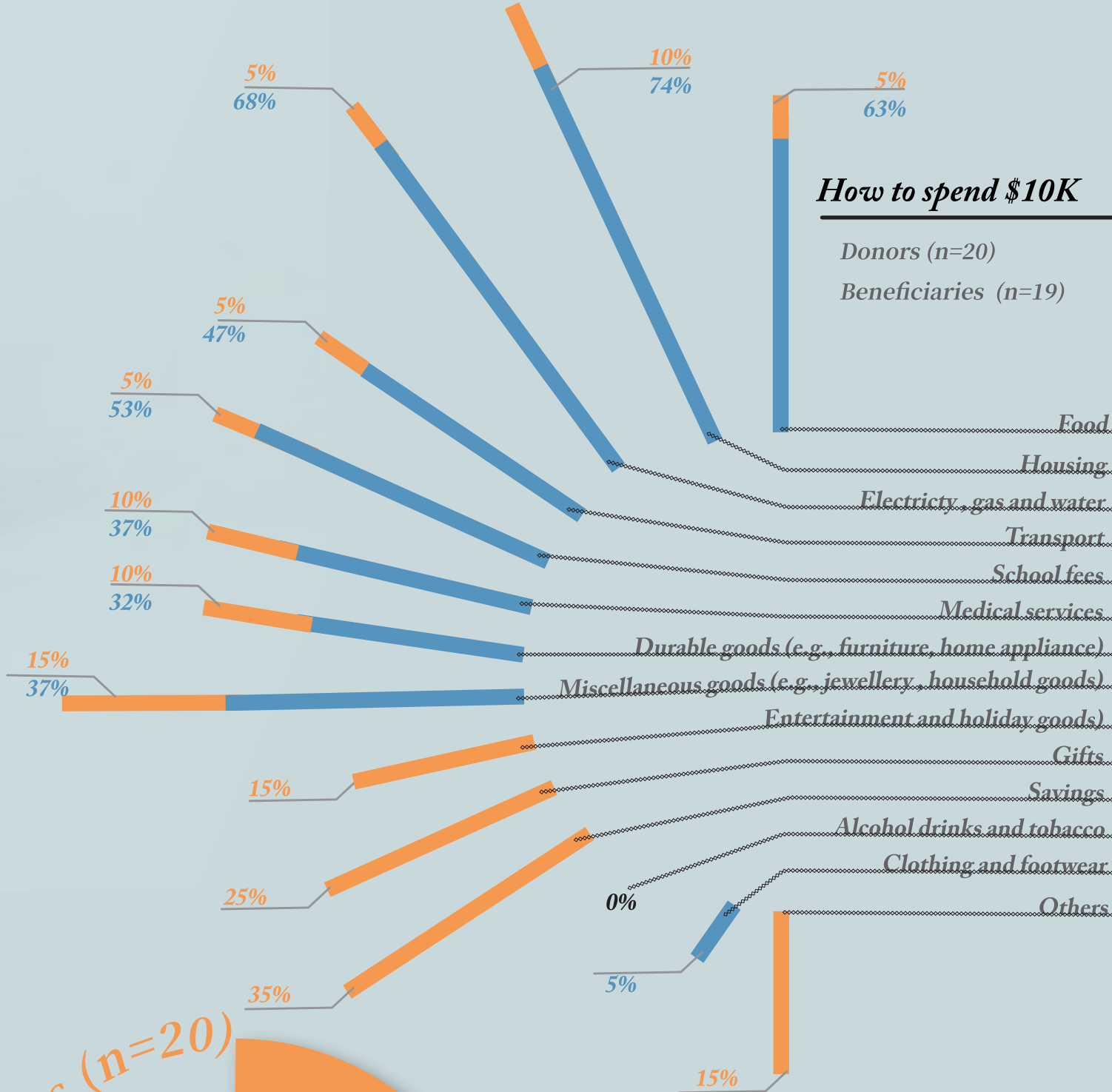
A social impact survey we conducted found that those who donated to help others in need had increased levels of happiness. The donors showed an almost 60% increase from when they donated their government subsidy to families in need. The contrast between how donors and beneficiaries would spend their \$10K was also distinct. Donors typically would use the money for consumer goods whereas beneficiaries spent the money on necessity.

Although COVID-19 has increased social distance, kindness is able to bring our spirits together. With the collaboration of the Lok Sin Tong Benevolent Society Kowloon and Project We Can, we have managed to expand “We Share! We Can!” to the entirety of Hong Kong and brought warmth and joy to the families who are affected by the pandemic.

How to spend \$10K

Donors (n=20)

Beneficiaries (n=19)



Happiness Level

Individuals donating the \$10K gain more happiness than those receiving the \$10K.
"It is more blessed to give than to receive"

"We Share We Can" Scheme

Donors (n=20)
Beneficiaries (n=19)







Project Updates

“Pocket Jelle” Mobile App

Issues regarding emotional health and suicide amongst young people in Hong Kong have always been a public concern. Not only did we discover that young people in these cases rarely seek professional help, their general emotional needs have also not been taken seriously. Therefore, our centre actively organises activities aiming to improve the mental health of young people. With the full support of the Keswick Foundation, our centre is currently developing a mobile application Pocket Jelle with the aim to improve the physical and mental health of the youth.

The name ‘Pocket Jelle’ was chosen by collecting the votes among 199 secondary school students. The name “Pocket Jelle” carries two symbolic meanings. Firstly, pocket Jelle is like a pocket elf. This highlights that Pocket Jelle will be at your service throughout

the day, no matter rain or shine. Secondly, ‘Jelle’ is the English name of this programme’s mascot. Gel is transparent, elastic, and can be moulded into different shapes. This is likened to our emotional ups and downs, which through daily observations and proper self-regulation, allows us to stay positive each day.

Through various functions and gaming elements, Pocket Jelle aims to upgrade the physical and mental well-being of young people by combining elements of learning, entertainment and assessment. Young people can learn about physical and mental health through this one-stop platform. It also enables users to understand their emotional changes through emotional health quizzes, and encourages them to seek support when necessary.

Pocket Jelle為了提升學生的自主性，在應用程式中增設了為啫喱仔選購衣服和家具的購物商店星際坊。通過選擇不同的衣服和家具為啫喱太空艙裝飾一番，除了可以讓青少年感受到遊戲元素的樂趣外，亦可以給予他們自主的空間。

除了商店的功能，為了提升青少年對於身心健康方面的認識，我們的手機應用程式亦設有星際閱讀區和星際電影院專區讓青少年能閱讀和觀看身心健康方面的知識。



Pocket Jelle手機應用程式

香港青少年情緒健康和自殺問題一直為社會大眾所關注。我們發現這些個案當中的青少年甚少尋求專業人士的幫助。同時，他們的情緒需要也一直未受重視。因此，本中心積極籌辦能改善青少年的情緒健康的活動。在凱撒基金的鼎力支持下，本中心正研發有助提升青少年身心健康的手機應用程式——Pocket Jelle。

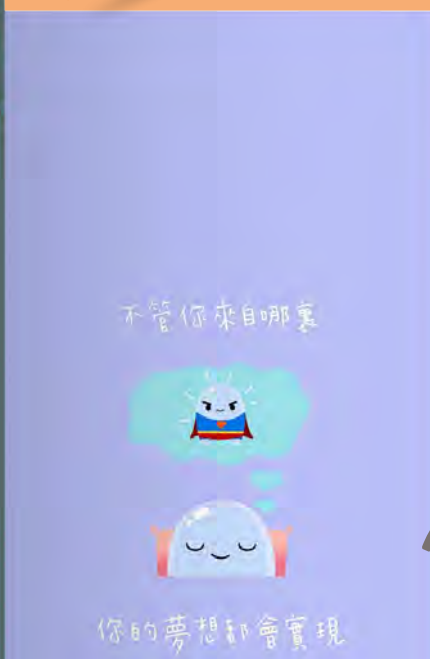
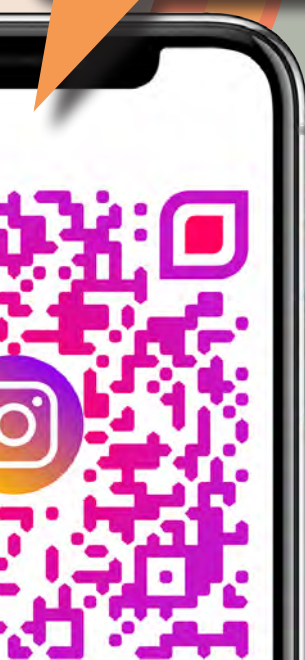
Pocket Jelle是通過徵集199位中學生投票所選的名字。超過一半中學生選擇了這個名字作為手機應用程式的名字。我們命名它為“Pocket Jelle”有兩個喻意：第一，Pocket Jelle尤如每人的口袋精靈，只要你需要，你可隨意取出使用。Pocket Jelle亦會24小

時，風雨不改，守候在旁，隨時候命。第二，Jelle就是這個程式吉祥物啫喱仔的英文名。啫喱呈透明狀，有彈性，可塑造成不同的型態。就好比我們起伏不定的情緒，通過日常的觀察，做好適當的自我調節，正面積極渡過每一天。

手機應用程式藉著不同的功能與遊戲元素提升個人天賦與心理需要。Pocket Jelle期望透過受青少年歡迎的流動電話應用程式作為媒介，提升青少年身心福祉。Pocket Jelle結合了學習、娛樂和評估的元素，讓青少年能夠隨時隨地透過一站式平台學習有關身心健康知識，透過情緒健康小測試了解自己的情緒變化，以及有需要時尋求支援等。

Pocket Jelle即將推出，我們鼓勵所有中一至中三的青年人踴躍參加，如有興趣，請關注我們的Instagram官方帳號Pocketjelle或發送電郵至pocketjelle@csrp.hku.hk獲取手機應用程式的最新資訊。我們的官方帳號除了發放應用程式的最新消息外，也會與大家分享不少有趣的心理小知識和啫喱仔的日常、手機壁紙等等，真的不容錯過！而較早前，我們亦準備了4000多個啫喱仔口罩套，送達10間學校與復課的中學生同心抗疫。

除此之外，Pocket Jelle還設有每天任務讓學生完成，藉以提升學生自身的能力感和人際關係。例如：我們都會在遊戲中的郵箱發放正能量的語句和插圖。



Jockey Club Community Elderly Mental Wellness Enhancement Project

According to our centre's past research statistics, elderly aged 65 years old or above are the group of population most susceptible to suicide, accounting for 23% of all suicide cases in Hong Kong. Among all the districts in Hong Kong, Wong Tai Sin (WTS) recorded the highest elder suicide cases. To reduce the suicide rate amongst them, our centre organised the Jockey Club Community Elderly Mental Wellness Enhancement Project, aiming to improve the elderly's physical and emotional wellbeing and to minimise the risk of elders' suicide. Our project provides various activities including but not limited to "Friends of Horticulture", "Hong Kong Elders Interactive Seminars", "Oral History Elderlies and Youngsters Interactive Programme".

CSRP will also launch an oral history activity aimed at integrating the youth and the elderly

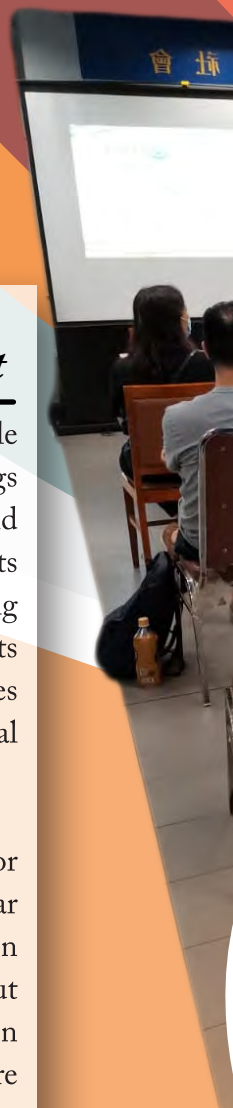
in WTS community. In this event, young people will receive a series of oral journalist trainings before visiting homes of senior citizens and interviewing the elderly about their achievements and life stories when they were young. Allowing the elderly to reminisce about their achievements not only promotes conversation, but also raises the elderly's self-esteem, improving their physical and mental health.

CSRP also provided professional training for the police in Wong Tai Sin on May 19 this year to increase their awareness of elder depression and suicide. Upon training completion, about 70% of the participants expressed confidence in identifying seniors with risks of suicide. More than 80% of the participants expressed that they would be willing to participate in future training activities related to physical and mental health.

賽馬會耆樂「友」心社區計劃

根據本中心過往的研究數據顯示，近10年來，香港自殺率最高的組別是65歲或以上的長者，佔整體23%。而黃大仙區的長者自殺宗數更是全港最高。為了減低當區長者自殺風險，本中心推行了「賽馬會耆樂『友』心社區計劃」，務求提升長者的身心健康，減低其自殺風險。計劃中包含了不少活動藉以提升長者的身心健康，例如園藝老友記及港長講者互動講座計劃等。

在計劃中還有一些活動為針對融合及提升區內的年青人與長者互動而設。本中心也將推出一項口述歷史活動，藉以融合青少年與長者，打開話題。活動中，青年人會接受一系列的口述記者訓練，然後到長者家探訪，並訪問長者年輕時的成就以及生活。透過訪問，長者與年輕人可以互相交流，讓長者提及過往的成就時可以鞏固他們的自尊心，藉以提升身心健康。





心靈．轉個彎 – Mr. Koo

我是一個地道的香港人，生活在獅子山下。雖然移居澳洲數年，但仍然想念著那個富有香港特色的獅子山。很多年前，我被獲派至協助死因

裁判處的調查單位。那些非刑事的死亡案件呈交到法官審閱後，我會按他們的指示跟進，展開調查工作。工作期間，我日常接觸到的案件類別中，大約四分之一的個案為自殺類案件；當中的年齡群組較高，為三十至五十歲人士。死者已矣，但我的職責是了解造成死亡的原因。所以，我需要進行多方面的調查，例如向家人、證人了解死者的日常及有否異常行為變化、閱讀醫療報告等去分析死者是否因病自殺，亦會搜尋遺書從而了解尋死的原因。

調查工作讓我明白，不論是何許人，什麼職業、學歷、收入，自殺都有機會發生。當親人知道他們自殺離世，內心的

難受、傷痛是難以言喻的。雖然我不懂開導技巧，但卻在這份工作中，我學會了兩件事：一是「聆聽」，二是「調整心理質素」。「聆聽」是任何溝通中最重要的一環。自殺者遺屬需要接受家人因自殺而突然離開，不同的感受壓在心上。他們也希望有人能聽自己的感受。其實聆聽者不一定要經過什麼的輔導訓練，反而，耐心聆聽他們的故事便已足夠。

我的工作，不是一般人認為的優差。在殮房替沒身分的死者套取指模，收拾散落一地的屍骸是家常便飯。我有時也會為此而感傷。因此，當遇到不開心時，最重要是調整自己的心態。埋頭玩手機，雖然能暫時忘記傷痛，卻無助處理負面情緒的積壓。有一句說話很好，「雖然你不能改變別人，但你能改變自己」。人生就像駕車一樣，有直路也有彎路，得失不需要太在意，擁有一顆平常心，少一點煩惱的縐紋，多一點開朗的笑容。



Food support service in Hong Kong

In Hong Kong, the food banking service sector over the past two decades has expanded substantially. Food Bank is a general term for activities carried out by non-governmental organisations in the community through collecting, sorting, storing, and distributing donated food to people and families in need. For example, voluntary organisations have set up platforms for recycling and donating food, or collecting cooked food from restaurants, hotels, and bakeries, which are still edible to benefit those in need.

Since 2016, the SIE Fund has engaged St. James' Settlement as the intermediary to launch its first Food Support Flagship Project to enhance the efficiency and effectiveness of food support services in Hong Kong. As part of the FOOD-CO 2.0

project, funded by the SIE Fund, the HKU research team is collaborating with St. James' Settlement on a 3-year research project entitled "Food support service in Hong Kong: examining its role in poverty alleviation and its impact on enhancing food security and nutritional health." The objectives of this study are to i) explore the role of the food support service in poverty alleviation policy; ii) evaluate the social impact of food support service, primarily in reducing food insecurity and enhancing nutritional health; and iii) identify recommendations at the policy and service level for the future development of the food support service sector. The project is co-led by Dr. Geoff Chee Hon Chan, Assistant Professor of the Faculty of Social Sciences at the University of Hong Kong, and Prof. Paul Yip.

香港食物援助服務

在香港，食物銀行服務的規模在過去二十年間大幅擴大。食物銀行是由坊間非牟利、非政府機構所推行的食物援助服務，透過收集、分類、儲存及分配捐贈的食物。服務形式包括由有志願團體、環保組織等設立回收及轉贈食物的平台，或收集來自餐廳、酒店及麵包店的熟食，再將仍可食用的剩餘食物，轉贈給有需要人士。

自2016年以來，社創基金委聘聖雅各福群會成為其協創機構，推展社創基金的首個旗艦項目，提升香港整體食物援助服務的效率及效益。作為社創基金資助

的食物援助旗艦項目(FOOD-CO2.0)的其中一部分，香港大學研究團隊正在與聖雅各福群會合作開展一項為期3年的研究項目，該項目的主題是「香港食物援助服務：研究在扶貧中的作用及對加強糧食安全和營養健康的影響」。這項研究的目標旨在：i)探討香港食物援助服務在扶貧政策中的作用；ii)評估食物援助服務在減少糧食不安全和增強營養健康方面的社會影響；及iii)在政策和服務層面上有關食物援助服務未來發展的建議。該項目由葉兆輝教授與香港大學社會科學學院助理教授陳之翰博士共同主理。

New Research

Highlights
and Knowledge
Exchange



Student Suicide – Research Findings

A Committee on Prevention of Student Suicides was set up in response to the surge of suicides among school-attending youth between March and April 2016. Chaired by Prof. Paul Yip, the Committee set out to identify causes of suicide among students and knowledge and service gaps on suicide prevention.

35 registered cases of primary and secondary school students who died of suicide in 2013-16 were coded and classified based on common stressors and risk factors of suicide identified in research literature and cluster analysis respectively.

Four subgroups were found, highlighting the heterogeneity of students who committed suicide. The subgroups were characterised by:

- i) having school issues only and were mentally distressed;
- ii) having primarily close relationship and family issues and a history of suicidal ideation and/or attempt;
- iii) showing no warning signs of suicide despite having a combination of school and home problems; and
- iv) having numerous stressors beyond school and home issues and psychological maladjustment.

The largest subgroup was the one documented with school-related issues only. These included:

- i) academic issues, such as performance and study pressure, and
- ii) relational problems, disengagement at school, and special educational needs.

Across all clusters, almost three quarters of students who committed suicide were recorded with school-related issues as well as clinical, psychosocial, and suicidal risk factors. Majority of students have great difficulties coping with school life, to the extent that a subgroup's suicides appeared to be associated with only school stressors.

Students with issues in the family and close relationships with peers or a romantic partner, and a history of self-harm and/or suicidal behaviours all communicated a message to others in a suicide note or on social media prior to taking their lives. The subgroup of students with multiple stressors and risk factors including financial and social difficulties, engagement in delinquency and risk behaviour, raised concerns over the effectiveness of existing systems to support students to seek and receive help when their existing support network had already been compromised.

Alarming, one subgroup of students had no history of self-harm or suicidal behaviour and no diagnosis or complaint of mental health problems. It calls for more advanced understanding of children and youth's subtle signs and communication, which may be verbal, behavioural, or conveyed online in the virtual community.

學生自殺 – 研究結果

防止學生自殺委員會因應2016年3至4月間學生和青少年自殺個案急升而成立，由葉兆輝教授擔任主席，致力找出學生自殺的誘因，以及預防自殺方面的知識和服務差距。研究團隊從教育局、警方及死因裁判法庭搜集了2013-16年間35宗中、小學生自殺身亡的登記個案，配合研究文獻資料以聚類分析把該35個自殺個案分類。

分析結果識辨出4個類別，突顯自殺死者的異質性。這4個類別為：

- i) 只有學業問題並陷入精神困擾的學生；
- ii) 主要有親密關係和家庭方面的煩惱，並且過往自殺未遂或曾有輕生念頭的學生；
- iii) 有學業及家庭上的問題，但沒有顯示自殺徵象的學生；和
- iv) 受多個學業及家庭以外的壓力源困擾、心理失調的學生。

4個類別當中，只有學業問題的自殺受害者佔大多數。他們所面對的包括：

- i) 學術上的問題，如成績欠佳和學業壓力；及
- ii) 其他有關情況，如跟學校脫節、有特殊學習需要等。

除此之外，在所有類別中，幾乎四分之三的自我學生都有學習方面的問題和臨床、心理、社會及自殺方面的風險因素。因此，研究結果跟我們起初的假設相符一大部分自殺的學生都於學校生活中遇到困難，以至一類的自殺個案似乎只牽涉這些壓力源。

紀錄顯示輕生的學生也有家庭和親密關係（如朋輩或伴侶之間）方面的煩惱，以及過往曾作出自殘或自殺行為。這些學生在自殺前都透過遺書或社交媒體向他人留下訊息。另外，記錄有多種壓力源和風險因素的一類學生亦令人擔憂學生能否在現行學生支援系統內成功尋求適切的協助。

更令人憂慮的，是有一類自殺身亡的學生過往並未作出自殘或自殺行為，而且未曾抱怨或診斷出有精神健康問題。這亦意味我們須更深入了解兒童和青少年的細微徵狀及用語。這些警號可能隱藏於言談、行為之中，或是在網上虛擬社區中傳達。

Early identification and intervention of youth suicide clusters in Hong Kong

“Early identification and intervention of youth suicide clusters in Hong Kong” launched in 2017 is a project financially supported by The Quality Education Fund. The goal of this project is to enhance public awareness and understanding of youth suicide. It aims at increasing alertness and creating appropriate responses for diverse stakeholders in the community, including schools, parents, media, and the general population.

5 secondary schools participated in the project in 2019-2020. The project designed and implemented a mental health promotion programme and developed a peer-support network with teachers as suicide prevention. The response from different stakeholders, such as teachers, students, and parents, were positive and encouraging.

The surveillance system is developed by analysing the correlations between the reported suicide news and a suicide case, reasons for the youth suicide, and the sentiment analysis about social forums (e.g., popular social forums in Hong Kong, namely, “LIHK” and “HKGolden”). These findings will strengthen the surveillance and provide timely and meaningful information to the public.

青少年精神健康預報系統及早期介入計劃

「青少年精神健康預報系統及早期介入計劃」已於2017年展開，並由優質教育基金資助。該計劃的目標是提高公眾對青少年自殺的認識和理解，並建立一個監測系統，以及早識別可能出現的自殺浪潮或在社會內出現的精神健康問題，同時亦提高社區中不同持分者，包括：學校、家長、媒體和大眾的警覺性，使他們在危機出現時能作出適當回應。

在2019-2020年，有5所中學參加了本計劃。我們為參與學校推行促進心理健康的不同活動，並協助學生和教師建立一個以朋輩支援為本的預防自殺網絡。至今，參與的教師、學生和家長對計劃的反應都表示正面和令人鼓舞。

而對青少年精神健康的監察系統則繼續發展，研究小組嘗試分析有關自殺的新聞報導與自殺個案數目的關係、青少年自殺的原因，以及就網上和社交媒體的資訊（例如「連登」和「高登」）的內容進行「情緒分析」(sentiment analysis)。這些調查結果將有助了解青少年的精神健康情況，並向公眾提供及時和有用的資訊。

5大自殺警號



1 避開家人、朋友和群體
並且躲藏自己

2 性情和情緒大幅改變

3 透露傷害自己或自殺的想法及計劃

4 對未來感到絕望



5 轉贈自己心愛的物品

若你發現身邊的人出現上述跡象，請立即尋找專業人士如社工和輔導員協助：

賽馬會青少年情緒健康網上支援平台-「Open嶺」
24小時網上輔導：91012012 (SMS / WhatsApp / WeChat / FB Messenger)

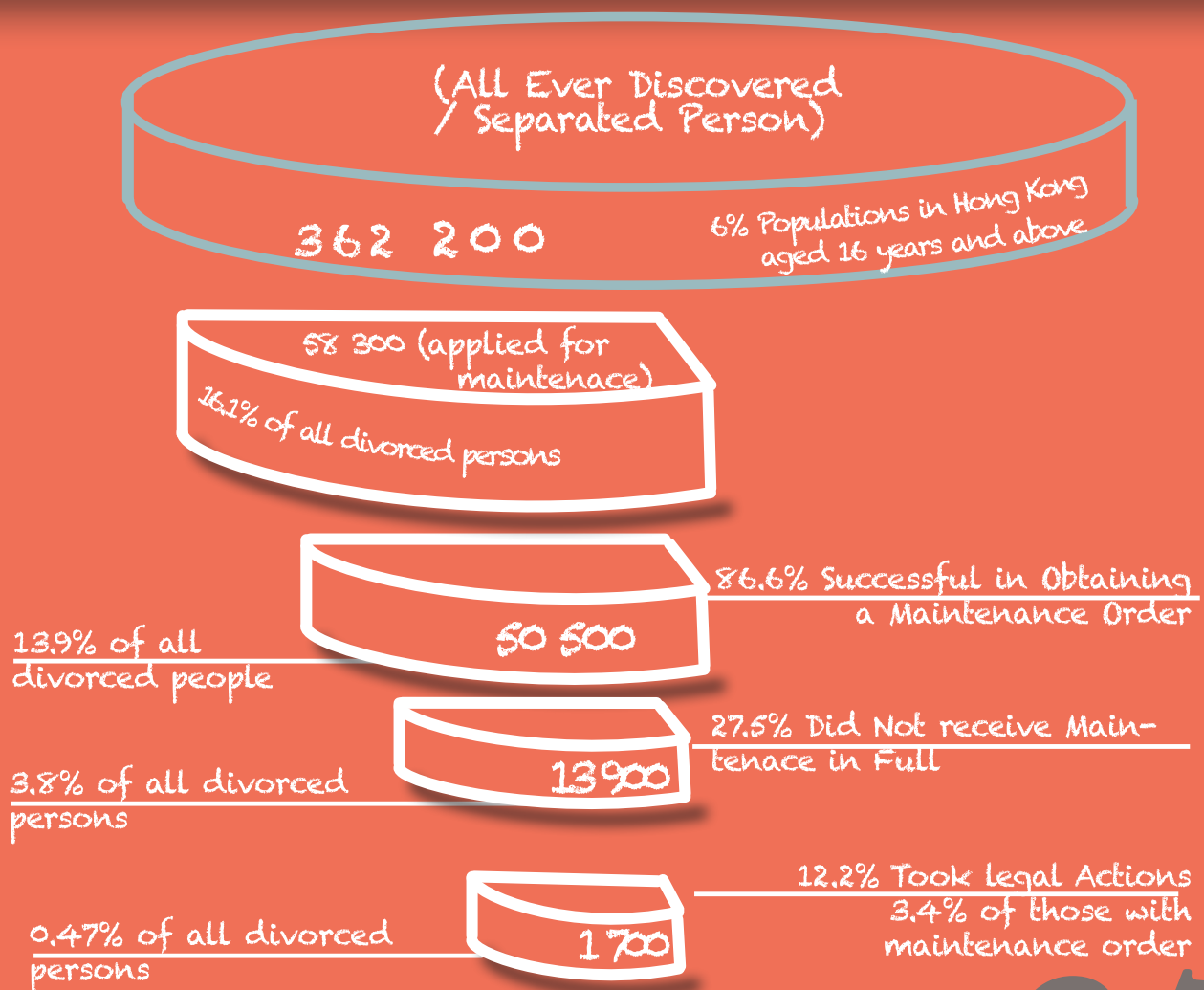


最好的幫助方法並不是提供建議，而是簡單的陪伴以及傾聽他們的聲音，讓他們知道自己並不孤單。

Further Study on the Phenomenon of Divorce in Hong Kong

The divorce rate in Hong Kong has been increasing in recent years. Following the publication of the 2012 research report, the Family Council commissioned a research team led by Professor Yip to conduct a study on the Phenomenon of Divorce in Hong Kong in 2018. The team adopted a mixed-methods approach to provide insight into the current divorce situation, with a greater focus on maintenance issues. Not only are maintenance difficulties common, most do not pursue enforcement action. A key finding is that the barriers to taking enforcement action does not necessarily mean not needing maintenance, but also includes insufficient information support, perceived ineffectiveness of the maintenance recovery system, complicated legal procedures, and the stress involved. The team therefore proposed a range of recommendations on social services, legal systems, and existing policies to strengthen support to all divorced families.

隨著本港離婚率日漸增長，繼2012年的研究報告發表後，家庭議會於2018年委託葉兆輝教授領導的研究團隊對香港離婚狀況進行了進一步研究。研究團隊採用混合調查方式分析現時情況，並深入審視與贍養費相關的議題。儘管拖欠贍養費是贍養費受付人普遍遇到的問題，但大多數都沒有透過法律行動來追回贍養費欠款。研究亦指出不追討的原因不一定是需要贍養費，而是可能因為他們缺乏足夠知識與資訊、認為追討機制無效、或擔心複雜且冗長的法律程序以及過程中所面對的巨大壓力。因此，研究團隊提出多項建議改善現時的社會服務、司法系統及政策，以加強對離婚家庭的支援。



A Study on the Recovery process of Inmates with History of Drug Abuse: Challenges and Opportunities

Histories of drug abuse are prevalent among the group of inmates being admitted to institutions operated by Correctional Services Department (CSD). It is reported that a high proportion of recall orders issued by the Drug Addiction Treatment Centres (DATC) to discharged inmates were due to drug relapse during supervision period. Inmates who are recurrently being admitted back to correctional institutions due to relapse place substantial economic burden on the system and the society. This study is funded by the Beat Drugs Fund (BDF) of the Narcotics Division (ND) of the Security Bureau to explore the effectiveness of drug treatment and rehabilitation services targeting inmates with drug use behaviours. The findings will provide information that leads to recommendations for improving drug rehabilitation outcomes and reducing overall social costs related to drug-using inmates in Hong Kong.

In order to have a better understanding on the rehabilitation process of inmates with drug use behaviour and the views of service users and operators on drug rehabilitation services targeting inmates, the team will be conducting interviews with different stakeholders during the project period. The project is expected to be completed in July 2021.

在囚人士的戒毒治療和康復服務研究：挑戰與機會

每年都有不少人因犯罪被判入懲教院所，而這些在囚人士普遍都有吸毒史。有數據指出，被召回的戒毒所釋囚裏面有大部分是由監管期間毒癮復發而被召回。這些因毒癮復發反覆被判入懲教院所的釋囚會為相關部門及社會帶來沉重的經濟負擔。本研究由禁毒基金撥款支持，探索為在囚人士提供的戒毒治療及康復服務的成效。研究成果將提供數據，有助改善康復服務成效及減低因在囚人士吸毒問題而產生的社會成本。

為了更瞭解在囚人士的戒毒康復過程及各持份者對於戒毒康復服務的看法，研究團隊計劃在研究期間訪問各持分者。本研究預期會在2021年7月完成。

Knowledge Exchange –

Secondary School Student-initiated Youth Suicide Prevention Projects

With the tragic surge of student suicide incidents in 2016, CSRP implemented 25 higher education student-initiated youth suicide prevention projects in 2016-18. In view of the projects' success, "The University's Knowledge Exchange Fund (2019-20)" was granted to support the same model to be implemented in secondary school. This is an opportunity to equip and guide students to initiate their own kind of youth suicide prevention project.

During the first consultation session, student volunteers shared their reasons for wanting to initiate this project, which included an awareness of mental health needs among their peers (sources of stress ranged from studying to the pandemic), prior experience in student mentorship programme, and believing in the importance of helping peers overcome emotional distress.

Our team delivered two training sessions for student volunteers and staff. An overview of student suicide in Hong Kong, the myths and facts about suicide, the principles of do no harm and empathic listening were given. Participants were then guided to use role-play to practise responding to students' emotional distress and signs of crisis.

Due to school closure amid COVID-19, the student volunteers creatively adapted their original idea of running a "Love Café" in school to go online. They planned to create an anonymous online space for emotional and school work support, send material packs to students to learn arts and craft at home, and create an Instagram page to enable sharing of positive messages and music. Since the implementation of these activities, the students became more eager to participate and show their support for their peers. The student volunteers also became more thoughtful and observant. They learned how to communicate with their peers more effectively, which helped them develop greater sensitivity to the needs of those around them. They also took the initiative to suggest solutions to alleviate their peers' emotional issues, and their willingness to help was recognized by their teachers and social workers. We continued to oversee the evaluation of school-based activities as well as the overall project in order to gauge their effectiveness and gather the best practices from this meaningful initiative.

知識交流 – 中學生主導的防止青年自殺計劃

因應2016年學生自殺個案急升，本中心在2016-18年間推行了25個由高等教育學生主導的防止青年自殺計劃，讓學生於校園內組織促進學生心理健康的活動。鑒於項目的成功，我們亦獲得香港大學知識交流資助(2019-20)，令計劃能於中學擴展。現時，大部分在中學推行的生命及健康教育都由老師或義務專業人士領導，所以這是一個引導並裝備學生自主開展防止青年自殺項目的良好機會。

由中心的教育團隊主導的第一次諮詢會議中，學生分享發起該項目的原因，包括意識到朋輩的心理健康需要（如處理學習、疫情帶來的壓力等），以及他們參與學生輔導計劃的經驗。此外，他們也表示相信幫助同伴克服情緒困擾的重要性。

另外，我們的團隊亦舉辦了兩次培訓，對象為學生義工、老師和社工。培訓先概述了香港學生自殺情況、有關自殺的傳言和事實、不傷害 (do no harm) 和同理心聆聽的原則。參

加者然後在引導下，以角色扮演練習應對學生情緒困擾和危機跡象。學校因為新冠肺炎停課，小組便發揮創意，靈活改變原先於校內開設的「愛心咖啡室」計劃，將項目移至互聯網，走進同學的家——他們創立一個匿名的線上空間以提供情緒及課業上的支援，又把材料包發送給同學讓他們在家中學習手工藝，更開設Instagram 帳號分享積極信息和音樂。即使遇到了一些困難和限制，學生義工仍然很高興有機會運用他們彈性思考以及解決問題的能力。自這些活動實行以來，學生變得越來越願意參與並表達對同學的支持，而學校氣氛變得更加熱鬧。學生義工也變得更加體貼及細心。他們學會了如何更直接以及更有效地與同學溝通，對別人的需要變得更加敏感。他們亦主動提出解決方法以緩解同學情緒上的問題，而老師和社工也注意到他們熱心助人的特質。我們會繼續監察這些學校活動及項目整體的效率評估，希望從這項富有意義的工作中，收集最佳的防止青年自殺方案。



In-house News



Awards and Recognitions 獎項及嘉許

Research Output Prize 2018/19

Intergenerational Earnings Mobility and Returns to Education in Hong Kong:
A Developed Society with High Economic Inequality

Peng, C., Yip, P.S.F. & Law, Y.W. *Social Indicators Research*, 143(1), 133-156. doi:10.1007/s11205-018-1968-2



(Photo and Content Credit to Societist, Issue 32, Issued by the Faculty of Social Sciences, The University of Hong Kong)

This paper investigates the changes over time in intergenerational earnings mobility and returns to education and to study whether the higher levels of economic inequality exhibits lower levels of intergenerational mobility in Hong Kong. Data was drawn from 1996, 2006 and 2016 Hong Kong Population By-Censuses, and the instrumental variables quantile regression estimated the change in the non-linear pattern of intergenerational mobility and return to education. The findings show that the average level of intergenerational mobility improved over the last two decades.

In general, young people benefited from the economic prosperity of Hong Kong. The intergenerational economic transmission among high-earners remains persistently strong. Examination of the non-linear pattern shows that it is the reproduction of wealth rather than the reproduction of poverty that has led to intergenerational persistence in Hong

Kong. In terms of returns of education, returns to non-degree tertiary education were similar across the earnings distribution in 1996 and 2016 but more valuable for low-earners in 2006. Degree-level tertiary education is persistently more valuable for high- than low-earners, which exacerbated earnings inequality in 1996, 2006 and 2016.

This is the first empirical work estimating the intergenerational mobility and changes in Hong Kong. It contributes to a better understanding of the roles of parental earnings and educational attainment in inequality, in any country in which economic inequality is a concern for the government. It also highlights the needs of more resources to be allocated for underprivileged families and children for a better chance in social mobility. Specific and substantial interventions are required to allow greater access to a quality university education.

Published Journal Articles from August 2019 to July 2020

2019年8月至2020年7月出版的學術文獻

- Cai, Z., Chang, Q., & Yip, P. S. F. (2020). A scientometric analysis of suicide research: 1990–2018. *Journal of Affective Disorders*, 266, 356–365. <https://doi.org/10.1016/j.jad.2020.01.121>
- Chai, Y., Luo, H., Wong, G. H. Y., Tang, J. Y. M., Lam, T.-C., Wong, I. C. K., & Yip, P. S. F. (2020). Risk of self-harm after the diagnosis of psychiatric disorders in Hong Kong, 2000–10: a nested case-control study. *The Lancet Psychiatry*, 7(2), 135–147. [https://doi.org/10.1016/S2215-0366\(20\)30004-3](https://doi.org/10.1016/S2215-0366(20)30004-3)
- Chang, Q., Xing, J., Ho, R. T. H., & Yip, P. S. F. (2019). Cyberbullying and suicide ideation among Hong Kong adolescents: The mitigating effects of life satisfaction with family, classmates and academic results. *Psychiatry Research*, 274, 269–273. <https://doi.org/10.1016/j.psychres.2019.02.054>
- Chang, Q., Yip, P. S. F., & Chen, Y.-Y. (2019). Gender inequality and suicide gender ratios in the world. *Journal of Affective Disorders*, 243, 297–304. <https://doi.org/10.1016/j.jad.2018.09.032>
- Cheng, Q., Shum, A. K. Y., Ip, F. W. L., Wong, H. K., Yip, W. K. K., Kam, A. H. L., & Yip, P. S. F. (2019). Co-Creation and Impacts of a Suicide Prevention Video. *Crisis*, 1–8. <https://doi.org/10.1027/0227-5910/a000593>
- Guo, Y., Chang, S. S., Chan, C. H., Chang, Q., Hsu, C.-Y., & Yip, P. S. F. (2019). Association of neighbourhood social and physical attributes with depression in older adults in Hong Kong: a multilevel analysis. *Journal of Epidemiology and Community Health*. <https://doi.org/10.1136/jech-2019-212977>
- Lai, C. C. S., Law, Y. W., Shum, A. K. Y., Ip, F. W. L., & Yip, P. S. F. (2019). A Community-Based Response to a Suicide Cluster. *Crisis*, 1–9. <https://doi.org/10.1027/0227-5910/a000616>
- Law, Y. W., Kwok, C. L., Chan, P. Y., Chan, M., & Yip, P. (2019). Online social work engagement and empowerment for young internet users: A quasi-experiment. *Journal of Affective Disorders*, 250, 99–107. <https://doi.org/10.1016/j.jad.2019.02.061>
- LAW, Y. W., YEUNG, T. L., IP, F. W. L., & YIP, P. S. F. (2019). Evidence-Based Suicide Prevention: Collective Impact of Engagement with Community Stakeholders. *Journal of Evidence-Informed Social Work*, 0(0), 1–17. <https://doi.org/10.1080/23761407.2019.1578318>
- Leung, M., Chow, C. B., Ip, P., & Yip, P. (2019). Ascertainment of self-harm at general hospitals in Hong Kong. *Asian Journal of Psychiatry*, 42, 1–9. <https://doi.org/10.1016/j.ajp.2019.03.005>
- Leung, M., Chow, C. B., Ip, P.-K. P., & Yip, S.-F., Paul. (2020). Geographical accessibility of community social services and incidence of self-harm. *Spatial and Spatio-Temporal Epidemiology*, 33, 100334. <https://doi.org/10.1016/j.sste.2020.100334>
- Niederkrotenthaler, T., Braun, M., Pirkis, J., Till, B., Stack, S., Sinyor, M., ... Spittal, M. J. (2020). Association between suicide reporting in the media and suicide: systematic review and meta-analysis. *BMJ*, 368. <https://doi.org/10.1136/bmj.m575>
- Pirkis, J., Amadeo, S., Beautrais, A., Phillips, M., & Yip, P. S. F. (2020). Suicide Prevention in the Western Pacific Region. *Crisis*, 41(Supplement 1), S80–S98. <https://doi.org/10.1027/0227-5910/a000670>
- Sinyor, M., Williams, M., Vincent, M., Schaffer, A., Yip, P. S. F., & Gunnell, D. (2019). Suicide deaths by gas inhalation in Toronto: An observational study of emerging methods of suicide. *Journal of Affective Disorders*, 243, 226–231. <https://doi.org/10.1016/j.jad.2018.09.017>
- Yip, P. S. F., & Chau, P. H. (2020). Physical Distancing and Emotional Closeness Amidst COVID-19. *Crisis*, 1–3. <https://doi.org/10.1027/0227-5910/a000710>
- Yip, P., Chen, M., So, B. K., Lam, K. F., & Wat, K. P. (2020). Optimal Strategies for Reducing Number of People in the Social Security System. *International Journal of Environmental Research and Public Health*, 17(4):1305. Retrieved from <https://www.mdpi.com/1660-4601/17/4/1305>
- Zeng, X. Y., Chau, P. H., & Yip, P. S. F. (n.d.). Improving the monitoring of suicide incidence by estimating the probability of news reporting. *Statistics in Medicine*, 0(0). <https://doi.org/10.1002/sim.8353>



新入職員工簡介 New Staff Introduction

There was a time when I was so broke (struggled to pay my rent), I went busking and begged for money



Evangeline CHAN 陳學怡
Project Officer

I'm caffeinated



Alyse HUNG 洪瑜
Programme Development Officer

I have a bunny but it looks like a panda



Katy CHEUNG 張凱婷
Executive Officer

Make my own home-made Chinese buns for every meal with sourdough



King TAM 譚敬華
Data Analyst

I am an INFP (personality type of MBTI)



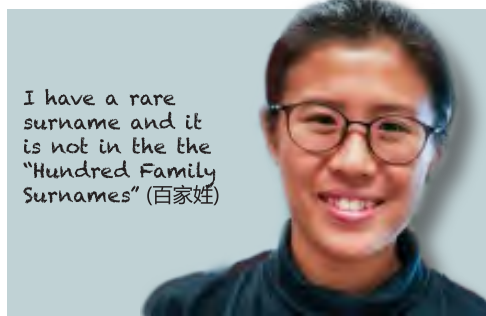
Kelly WONG 王祉晴
Project Officer

I love egg tarts. My highest record was 12 pieces in one go.

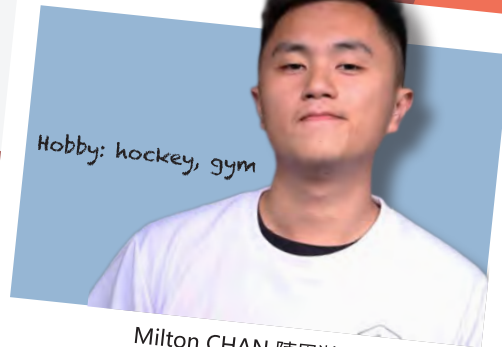


Anna CHAN 陳玉鳳
Training Consultant

商業電台節目〈政好星期天〉於8月16日邀請了葉兆輝教授與中心副總監廖廣申醫生作節目嘉賓



CY PAI 閔清瑜
Project Officer



Milton CHAN 陳恩瀚
Project Officer



Natalie WONG 王鈺晶
Project Officer



Wing WONG 黃泳欣
Programme Development Officer



Trista KUAN 關鎧淇
Programme Development Officer



Angel LI 李卓頤
Project Officer



Anna WONG 王靈宇
Post-doctoral Fellow



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust



優質教育基金
Quality Education Fund



Faculty of
Social Sciences
The University of Hong Kong
香港大學社會科學學院



LKS Faculty of Medicine
The University of Hong Kong
香港大學李嘉誠醫學院



LI KA SHING FOUNDATION
李嘉誠基金會



HSBC
滙豐



凱瑟克基金
The Keswick Foundation



何鴻毅家族基
THE ROBERT H. N. HO
FAMILY FOUNDATION



民政事務局
Home Affairs Bureau



醫院管理局
HOSPITAL
AUTHORITY



社會福利署
Social Welfare Department



香港明愛
Caritas
HONG KONG



BGCA
香港女童群益會
The Boys' & Girls' Clubs Association of Hong Kong



九龍樂善堂
Since 1880 成立



聖雅各福群會
St. James' Settlement



Project WeCan
「學校起動」計劃



香港電台



881903.COM



TVB



明報 信報

hket
香港經濟日報



South China
Morning Post



蘋果日報
APPLE DAILY



香港
01



港式
5 樓

Ms. Annie Tong

Mr. Jeremy Cheng

Ms. Sarah Leung

Mr. Gilbert Wong

Mr. Joshua Cheng

Mr. Stephen Wong

Ms. Hannah Tsang

Dr. Lucci Liyeung

Ms. Victoria Cheng

Ms. Jamie Chan

Mr. Ricky Wong

Ms. Winnie Kwok

Contact Us | 聯絡我們

The HKJC Centre for Suicide Research and Prevention, HKU

2/F, Hong Kong Jockey Club Building for Interdisciplinary Research

5 Sassoon Road, Pokfulam, Hong Kong

香港大學香港賽馬會防止自殺研究中心

香港薄扶林沙宣道5號香港賽馬會跨學科研究大樓2樓

Tel 電話: 2831 5232

Fax 傳真: 2549 7161

Website 網頁: <http://csrp.hku.hk>

Email 電郵: csrp@hku.hk



hkucsrp

Editor-in-chief 總編輯

Prof. Paul Yip

Editorial Team (in alphabetical order) 編輯團隊

Ms. Angel Li

Ms. Angie Pai

Ms. Anna Chan

Ms. Anna Wong

Ms. Carmen Lai

Ms. Cynthia Xiong

Mr. Daniel Lung

Ms. Florence Cheung

Ms. Katy Cheung

Ms. Kelly Wong

Ms. Natalie Wong

Mr. Raymond Tang

Ms. Trista Kuan

Ms. Wing-yan Wong